

Dear Robert

To keep your Vitality Virgin Active gym benefit, catch up your gym visits

Exercise is a great way to keep fit and healthy, but research shows that to experience the maximum health benefits the average adult needs to exercise at least **30 minutes a day, five times a week**. We want to help you become healthier, that's why we are encouraging you to work out regularly at the gym by offering you savings on your monthly gym fees.

This is a reminder that your gym benefit with Virgin Active will end if you do not go to the gym at least 1 more time before 31 August 2013.

You need to make sure you check your visits. This is a reminder and you may not receive a reminder letter again, so even if you catch up your visits before the end of this rolling 12-month period, you may be short of visits in the next rolling 12-month period. Every month look back and make sure you have made enough visits in the last 12 months. You can check your visits on the Vitality Points Monitor at www.discovery.co.za. Please note that Vitality points can take up to a week to reflect on your Vitality Points Monitor on the website.

Remember only one visit to the gym a day counts towards the visits requirement. Always take your access card to the gym with you. Your visits will be recorded at the turnstile. If the turnstile is not working, ask to sign the manual register at the gym reception.

If you have any questions or need more information about this benefit and a set of the Vitality rules, please visit www.discovery.co.za and click on Discovery Vitality.

Regards

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